



15th CAROLINA SPRING BREAK CLASSIC
North American, Central American and Caribbean Athletics Association - NACAC
Puerto Rico Foundation for the Development of Athletics (FUPPDA)
March 20-21, 2020

Dear Coach:

It is pleasure to extent to you and your University an invitation for the 15th Annual Carolina Spring Break Classic sponsored by, the Department of Sport and Recreation of Carolina and the Puerto Rico Foundation for the Development of Athletics (FUPPDA) and NACAC AA.

Please let us know, as soon as possible, the following:

1. Confirmation of Participation (If you already have done so, disregard this item).
2. Send to us as soon as possible, date of arrival with all the details (airline, flight number, a breakdown of the number of participants (athletes-males and females, coaches, other support personnel, etc.)
3. Information on departure.
4. A detailed training schedule.

Send the above information to us via email.

The City of Carolina is looking forward to hosting you and your athletes during this period therefore do not hesitate to contact us if you have any specific needs and questions.

Cordially,

Victor Lopez/Luis Reyes
Meeting Organizers

Michael A. Serralta
Competition Director





Competition Dates:	Friday, March 20 and Saturday, March 21, 2020
Location:	Carolina Sports Complex, Carolina, Puerto Rico
Competition Divisions:	University athletes from invited universities from USA and LAI and invited athletes from the NACAC Area Member Federations.
Rules of the Competition:	World Athletics rules and the LAI rules where they may apply.
Local Transportation:	The City of Carolina will provide local transportation to visiting universities from USA, to and from the airport, to and from the hotel to training venues and to and from competition site with previous arrangement with the Organizing Committee.
Facilities:	The Carolina Sports Complex, has a track & field facility with a 400-Meter synthetic track, and seating capacity for 2,000 spectators with all field events facilities, a sport medicine facility and a weight room.
Parking:	There are plenty of parking spaces in the Carolina Sports Complex, facilities.
Medical Services:	Paramedics will be on site for any emergency as well as an ambulance.
Warm up:	The warm-up area will be located at the softball park right behind the track. Whenever possible athletes can use the back straightaway for accelerations.
Trainers:	Tents will be provided in the warm-up area for university trainers.
Call Room:	Athletes in running events must check in at least an hour before their event at the tent located in the warm-up area. Athletes that do not comply with this rule will be scratch from the event. We will use a rolling schedule. After all the entries are in, we will produce a timetable, but it will be used only as a guideline.



Weight in: All implements must be turned in and weighted in by the Technical Director at least two (2) hours before the start of the first throwing event each day for proper certification of such implements.

Attempts In the throwing events and in the horizontal jumps the athletes will compete in groups and each competitor will have four attempts.

Officials: La Asociación de Oficiales de Atletismo del Norte, Inc. (AOAN) will be officiating the competition.

Secretariat: Prof. Manuel de Jesus - S.O.D.M. Meet Management

Photo Finish: NOCESA SPORT – Profs. Wilson Morales/Noel Cedeño

Competition Director: Prof. Michael A. Serralta

Technical Director: Mr. Jorge L. Ortiz

Entries: Entries must be done online no later than Tuesday March 12th, 2019 at www.sodmpr.com to Manuel de Jesus, mdejesus@sagrado.edu with copy to mserralta.nacac@gmail.com. No late entries will be accepted.

Each university could enter a maximum of four (4) participants per event, except for the 5,000m and 10,000m race where they may enter five (5) participants. Since we are running heats against time it is a must that you enter a seeded time for each competitor. Failing to do this means that your athlete will be seeded in a slow heat.

In the throwing events and in the horizontal jumps the athletes will compete in groups and each athlete will have four attempts. Also, the athletes will be grouped by best marks, therefore, please enter your athlete's best mark.

Final Declarations: Final declarations and scratches in running events must be done at least an hour before the start or as soon as possible. This is compulsory, and the head coach must notify Prof. Manuel de Jesus at the Secretariat. Field events participants must report directly to the competition site.



Uniforms: Athletes must wear the official school, club or national uniform. Bib Numbers will be used by athletes in all running events and must be worn on the front, except in field events where they may use one bib number in front or in back.

Awards: A T-shirt will be awarded to the first three places in all the individual events and relays.

Results: Will be posted as soon as possible in the bulletin board located behind the stands in the stadium and in the following web pages, www.sodmpr.com.

For more information, contact:
Michael A. Serralta
Competition Director
Tel. (939) 437-0044
Email: mserralta.nacac@gmail.com



ORDER OF EVENTS - CAROLINA

THURSDAY, MARCH 19, 2020

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
101	HAMMER THROW (U16, U18) – 3K	9:00 a.m.	X		Thursday
102	HAMMER THROW (U16) – 4K			X	Thursday
103	HAMMER THROW (U20) – 4K		X		Thursday
104	HAMMER THROW (U18) – 5K			X	Thursday
105	HAMMER THROW (U20) – 6K			X	Thursday

FRIDAY, MARCH 20, 2020

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
201	HAMMER THROW	8:00 a.m.		X	Friday
202	HAMMER THROW		X		Friday
203	4X100 METERS (U14, U16, U18, U20)	9:00 a.m.	X		Friday
204	4X100 METERS (U14, U16, U18, U20)	9:20 a.m.		X	Friday
205	LONG JUMP (U14, U16)	9:30 a.m.	X		Friday
206	LONG JUMP (U14, U16)			X	Friday
207	LONG JUMP (U18, U20)		X		Friday
208	LONG JUMP (U18, U20)			X	Friday
209	SHOT PUT (U14, U16) – 3K	9:30 a.m.	X		Friday
210	SHOT PUT (U14) – 3K			X	Friday
211	SHOT PUT (U18) – 3K		X		Friday
212	SHOT PUT (U16) – 4K			X	Friday
213	SHOT PUT (U20) – 4K		X		Friday
214	SHOT PUT (U18) – 5K			X	Friday
215	SHOT PUT (U20) – 6K			X	Friday
216	1000 METERS (U14)	9:30 a.m.	X		Friday
217	1200 METERS (U14)	9:35 a.m.		X	Friday
218	1500 METERS (U16)	9:40 a.m.	X		Friday
219	1500 METERS (U16)	9:50 a.m.		X	Friday
220	100 METERS (U14, U16, U18, U20)	10:00 a.m.	X		Friday
221	100 METERS (U14, U16, U18, U20)	10:30 a.m.		X	Friday
222	DISCUS THROW	12:00 p.m.		X	Friday
223	DISCUS THROW		X		Friday
224	LONG JUMP (Flight – 1)	2:30 p.m.		X	Friday
225	HIGH JUMP	1:00 p.m.	X		Friday
226	HIGH JUMP (U18, U20)	3:00 p.m.	X		Friday
227	HIGH JUMP (U14, U16)	3:00 p.m.	X		Friday
228	LONG JUMP (Flight – 2)	4:00 p.m.		X	Friday
229	800 METERS (U16, U18, U20)	4:00 p.m.	X		Friday



FRIDAY, MARCH 20, 2020

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
230	800 METERS (U16, U18, U20)	4:15 p.m.		X	Friday
231	5,000 METERS	5:00 p.m.	X		Friday
232	LONG JUMP	5:30 p.m.	X		Friday
OPENING CEREMONY					
233	400 METERS (U16, U18, U20)	6:00 p.m.	X		Friday
234	TRIPLE JUMP (U18, U20)	6:00 p.m.	X		Friday
235	400 METERS (U16, U18, U20)	6:15 p.m.		X	Friday
236	1,500 METERS (U18, U20)	6:30 p.m.	X		Friday
237	1,500 METERS (U18, U20)	6:40 p.m.		X	Friday
238	200 METERS (U16, U18, U20)	6:50 p.m.	X		Friday
239	TRIPLE JUMP (U18, U20)	7:00 p.m.		X	Friday
240	200 METERS (U16, U18, U20)	7:05 p.m.		X	Friday
241	10,000 METERS	7:20 p.m.		X	Friday
242	4 X 400 METERS (U20)	8:00 p.m.	X		Friday
243	4 X 400 METERS (U20)	8:10 p.m.		X	Friday



ORDER OF EVENTS

SATURDAY, MARCH 21, 2020

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
301	DISCUS THROW (U20) – 1.75K	9:00 a.m.		X	Saturday
302	DISCUS THROW (U18) – 1.50K			X	Saturday
303	DISCUS THROW (U20) – 1K		X		Saturday
304	DISCUS THROW (U18) (U16) – 1K		X		Saturday
305	DISCUS THROW (U16) – 1K			X	Saturday
306	4 X 100 METERS RELAY	12:00 p.m.	X		Saturday
307	4 X 100 METERS RELAY			X	Saturday
308	SHOT PUT	12:30 p.m.	X		Saturday
309	JAVELIN THROW	12:30 p.m.		X	Saturday
310	HIGH JUMP (U14, U16)	12:30 p.m.		X	Saturday
311	400 METERS HURDLES		X		Saturday
312	400 METERS HURDLES			X	Saturday
313	100 METERS		X		Saturday
314	100 METERS			X	Saturday
315	800 METERS		X		Saturday
316	800 METERS			X	Saturday
317	HIGH JUMP (U18, U20)	3:00 p.m.		X	Saturday
318	TRIPLE JUMP	3:00 p.m.	X		Saturday
319	600 METERS HERMINIO ISSAC CLASSIC	3:30 p.m.		X	Saturday
320	SHOT PUT	3:30 p.m.		X	Saturday
321	JAVELIN THROW	3:30 p.m.	X		Saturday
322	HIGH JUMP	4:30 p.m.		X	Saturday
323	100 METERS HURDLES		X		Saturday
324	110 METERS HURDLES			X	Saturday
325	400 METERS		X		Saturday
326	400 METERS			X	Saturday
327	TRIPLE JUMP			X	Saturday
328	1,500 METERS		X		Saturday
329	1,500 METERS			X	Saturday
330	200 METERS		X		Saturday
331	200 METERS			X	Saturday
332	3,000 METERS STEEPLECHASE		X		Saturday
333	3,000 METERS STEEPLECHASE			X	Saturday
334	4 X 400 METERS		X		Saturday
335	4 X 400 METERS			X	Saturday



Rules & Regulations Governing Universities and Invited Senior Athletes:

1. **Rules governing the competition – World Athletics Rules and the LAI modified rules where they may apply.**
2. **Call Room** - all athletes for track events must report one hour before the event starts. This measure is because order of events prevails, but the schedule can be change per the registration of competitors.
3. **General Warm-up Area** - in the 400-meter warm-up lane in the track of the University complex.
4. **Field Events:**
 - a. athletes will report directly to the event for their participation.
 - b. once the event starts any athlete without exception may not be included to participate.
5. **Implements** - all throwing implements must be certified by the Technical Director, Mr. Jorge L. Ortiz, two hours before the start of the event.
6. **Attempts** - in throwing events and horizontal jumps each competitor is entitled to four trials. If the total number of participants exceeds sixteen (16) athletes, it will be divided into two groups.
7. **Starting Heights and Progressions.**
 - a. High Jump – females 1.35m; males 1.65m. Progressions for both will be 5cm. until one competitor is left.
8. **Coaching Box:**
 - a. the coaches have the right to be in the event area outside lane eight if space is available.
 - b. **any person not eligible to be in the area will forfeit the coach's privilege.**



Rules & Regulations Governing Junior Athletes ((U14, U16, U18, U20):

1. Rules governing the competition – World Athletics Rules and the LOC modified rules where they may apply.
2. There will be several events for Junior athletes (U14, U16, U18, U20) from the development system of the City of Carolina.
- 3.. Rules governing Junior Competition

- a. Age is covered under World Athletics Rules. **ATHLETES MUST COMPETE IN THEIR AGE GROUP, UNLESS A REQUEST HAS BEEN PRESENTED AND APPROVED BY THE COMPETITION DIRECTOR.**
- b. The City of Carolina has four participants guaranteed in all events and four invited, **WHICH WILL BE SELECTED BY THE National Federation (FAPUR).**
- c. Athletes will be selected based on the rankings of the FAPUR with **a deadline by Saturday, March 10, 2020.**
- d. **Field events shall have three (3) trials and the time limit of 30 seconds per trial will be applied in this event.**

DOUBLE PARTICIPATION IS NOT PERMITTED

EXAMPLE:

- a. Participating for a Club and later for a University.
- b. Participating in one age group and later in another.